

## Utah Domestic Violence Coalition

Advocate • Collaborate • Educate

OUTreach Resource Centers is a non-profit collection of LGBTQ+ youth resource centers dedicated to transforming communities and saving lives through comprehensive programming, community advocacy, and training designed to promote positive outcomes for underserved populations.

For more information:

[OUTreachResourceCenters.org](http://OUTreachResourceCenters.org)

Utah Domestic Violence Coalition is a non-profit organization committed to creating a state where domestic and sexual violence are intolerable.

For more information:

[udvc.org](http://udvc.org)

## Additional Resources

### Utah Domestic Violence Hotline/LINKLine

In addition to connecting LGBTQ individuals with basic services, the confidential, 24-hour LINKLine can also connect individuals with a culturally responsive advocate.  
1-800-897-LINK (5465)

### National Domestic Violence Hotline

1-800-799-SAFE (7233)

**If you or someone else is in immediate danger, call 9-1-1 immediately**

For more information on safety planning and assistance creating a safety plan, visit:  
[udvc.org](http://udvc.org)

[OUTreachResourceCenters.org](http://OUTreachResourceCenters.org) has many resources for LGBTQ+ survivors, including support groups. Please visit our website to learn more.



# Bisexual, pansexual, and queer People and Intimate Partner

A guide for bi/pansexual and queer survivors



# Intimate Partner Violence Affects Everyone

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Intimate partner violence is a pattern of behaviors that are used to gain control and power over someone and it can affect anyone and everyone. People from any race, class, gender identity, age, sexual orientation, religion, or status can be affected. It is not always easy to recognize intimate partner violence and abusive behaviors, however knowing some of the warning signs can help save yourself or someone you care about. Remember, it is not your fault for being a survivor of intimate partner violence.

## Common Abuse Tactics

There are numerous ways to gain control of a person. Here is a list of common abuse tactics. Some of these may manifest in different ways, however it's important to be aware of possible signs of abuse.

- Telling you that you can never do anything right
- Being jealous when you are with friends and family or spending time with other people
- Controlling finances and/or giving you an allowance
- Preventing you from making your own decisions
- Intimidation with weapons
- Pressuring you to use drugs or alcohol
- Pressuring you to have sex or do things you are not comfortable with

# Bi/pan/queer Specific Abuse Tactics

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In addition to common abuse tactics, bi/pan/queer survivors may experience abuse tactics that are used specifically toward bi/pan/queer persons. Some of these include:

- Being accused of “checking out” random people
- Ridiculing your sexual orientation
- Denying that bisexuality, pansexuality, or queerness is a legitimate sexual orientation
- Threatening to “out” you to employer, friends, or family
- Forbidding you to talk to other bi/pan/queer people, talk about bi/pan/queer topics, or attend support groups
- Being told that you are a “fake” lesbian/gay person
- Telling you to just “choose” a gender to be attracted to
- Calling you offensive names

*“Identifying as bisexual was always a struggle for my boyfriend. He would accuse me of looking at girls and said I was acting like a ‘huge lesbian’.” — Bisexual survivor*

Remember, intimate partner violence is a pattern of behaviors that are used to gain control and power over someone and it can affect anyone and everyone. It is not your fault for being abused and it may be even harder to realize that you are in an unhealthy relationship. But, there are things that can be done to help keep you safe and possibly avoid unhealthy relationships.

# How can I get help?

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When bi/pan/queer survivors seek services there can be barriers that are faced. However, everyone is entitled to services. VAWA 2013 added protection for gender identity and sexual orientation. This means, your identity is not a reason to stop you from seeking services. You may still encounter people who may not understand your identity fully however the resources are available to you.

## Safety planning

Safety planning is a way to help keep you safe. It allows for you to plan ways to navigate different situations that keep your safety a priority. Here are a few things that safety planning covers:

- Safety during and abusive incident
- Safety in your home
- Safety at work
- Safety in public
- Safety when preparing to leave
- Internet safety
- Safety with a protective order
- Creating a safety network
- What should I take with me if I leave?
- Important documents to have

For more information on safety planning: [udvc.org](http://udvc.org)

## Contact Us

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